

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **October 5 @ 9AM - 4PM:** Social Media for Business

@ Wainwright
Communiplex

- **October 7 @ 10AM - 3PM:** Stampede Farmer's Market

@ Wainwright
Communiplex

- **October 5 & 19 @ 7PM:** Bingo Night - Fun for all!

@ Wainwright Legion

WDFCSS PROGRAM DATES

- **October 3 @ 7PM:** It Doesn't Have to Be Weird - Sexual Orientation & Pronouns
@ ZOOM Event
- **October 10 @ 7PM:** It Doesn't Have to Be Weird - Drugs & Alcohol
@ ZOOM Event
- **October 11 & 23 @ 10AM:** Gentle Chair Yoga (\$5 FEE PER SESSION)
@ Prairie Rose Centre
- **October 16 @ 7PM:** It Doesn't Have to Be Weird - Sex & Consent
@ ZOOM Event
- **October 17 @ 2-3PM:** 50+ Brainstorm
@ Prairie Rose Centre
- **October 25 @ 7PM:** 75 Ways to Save on Household Expenses
@ ZOOM Event
- **October 30 @ 7PM:** Learn about AISH
@ Join on Zoom or at the FCSS office

Here's to
October!



To register for any of these WDFCSS upcoming events, scan the QR code, visit our website, or contact us at 780-842-2555 or community@wainfcs.ca

WAINWRIGHT COMMUNITY CONNECTOR



IT DOESN'T HAVE TO BE WEIRD.

Free 4-week **informational sessions** on how to **confidently** and **naturally** talk to your **children** about those often **weird, hard-hitting topics**.



COLOURFUL CONVERSATIONS

A unique program designed for adults (18+) to come together, **colour**, and **engage** in **open** and **supportive conversations**.

Sept. 26 - Suicide Prevention & Youth

How do I talk to my kids about sex?

Oct. 3 - Sexual Orientation & Pronouns

I wish there were more opportunities for parents to learn.

Oct. 10 - Drugs & Alcohol

How should I talk about suicide?

Oct. 16 - Sex & Consent

How can I learn more about pronouns?

What to Expect:

- Fun and collective colouring
- Open and non-judgmental chat
- Share feelings, life experiences, and what's currently going on (whether it be physically, emotionally, or psychologically)
- Connect with like-minded individuals
- Coffee & Snacks PROVIDED!
- Unwind with some ART!

Dates:

- November 9
- November 16
- November 30
- December 7

Time: 7:00 - 8:00 PM

Location: Wainwright Public Library

ALL SESSIONS WILL BE HELD ON ZOOM AT 7PM

All supplies will be included, but feel free to bring your own!

For more information or to register,

780-842-2555

Community@wainfcs.ca



No RSVP Required - JUST POP IN!

For more information, contact us at community@wainfcs.ca or 780-842-2555



OCTOBER is a FALLEN LEAF, BUT IT IS ALSO THE WIDER HORIZON MORE CLEARLY SEEN.

WAINWRIGHT COMMUNITY CONNECTOR



Hope After Loss: Audra's Legacy

A Program for grieving children and youth

A group designed to support parents and children experiencing grief and loss due to a death of a special person

Program dates (10 weeks)

Ages 6-11

Cost: Free

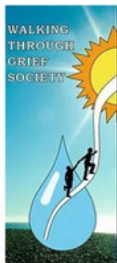
Grief support group will cover

the following:

- Death and grief and loss
- Feelings
- Memories
- Healing
- Self-care and support
- Rituals
- Special days
- Saying goodbye

One on one support available

For more information please call
780-842-2585 or 780-842-2555



WHERE CAN I REACH OUT TO AS A YOUTH IN THE M.D OF WAINWRIGHT?

Your Go-To Line

2-1-1

Call or Text

- 2-1-1 connects you with the proper resources or services for whatever you may need help with at any given time
- **Free, 24/7, confidential and available in over 170 languages**

This line can direct you to services and supports for youth helplines, housing, mental health, medical & pregnancy support, shelter/safe spaces, addiction, employment, and food & clothing support.

Non-Emergency Local Youth Supports

- Wainwright FCSS
 - 780-842-2555
- Wainwright Mental Health
 - 780-842-7522
- Wainwright Public Library
 - 780-842-2673
- Wainwright on Wellness (MHCB)
www.wainwrightonwellness.com
- VIBE (MHCB)
 - 780-853-3718
- Military Family Resource Centre
 - For youth of military families
 - 780-842-1363 ext. 1253

Kids Help Phone (24/7)

- Crisis support, counselling, LGBTQ2+ support, mental health information & support
- Call 1-800-668-6868
- Text CONNECT to 686868
- Or visit:
KidsHelpPhone.ca/Messenger

Native Youth Crisis Hotline (24/7)

- Available to Indigenous Youth
- Call 1-877-209-1266

Check out our
website!

www.WDFCSS.ca

FUN FACT

CROCODILES CANNOT
STICK THEIR TONGUE OUT!

WAINWRIGHT COMMUNITY CONNECTOR



50+ ACTIVITY BRAINSTORM

FREE TO ATTEND!

SENIORS YOGA



September 13 & 25
October 11 & 23
November 8 & 27
10 - 11 AM
Prairie Rose Center

- Connect with like-minded individuals
- Improve posture, flexibility and mobility
- Reduce hypertension
- Increase bone strength
- Strengthen and protect joints

- ? What **programs** would you like to see for seniors?
- ? What **needs** and **wants** do you have?
- ? What **community challenges** do you face?

We invite all older adults and seniors to drop into the **Prairie Rose Senior Center** on **October 17** anytime between **2 and 3PM** and learn more about the senior services we provide at **Wainwright FCSS** and tell us what else you'd like to see for our **50+ programming!**

\$5 FEE PER SESSION

We want your feedback & suggestions!

FREE COFFEE & SNACKS!

No RSVP Required - JUST DROP BY!
For more information, contact us at community@wainfcs.ca or 780-842-2555

For more information or to register, call 780-842-2555 or email Community@wainfcs.ca

LET'S TALK THURSDAYS (LTT)

Every Thursday, we post information on our social media pages about various topics related to mental health, wellbeing, our community, and resources/supports in an easy-to-digest fashion!

October LTT Topics

- Oct. 5: World Smile Day
- Oct. 12: Depression
- Oct. 19: Mindfulness
- Oct. 26: Internet Safety

WAINWRIGHT COMMUNITY CONNECTOR



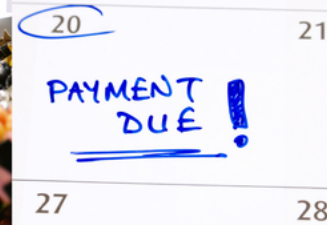
LEARN ABOUT AISH

October 30, 2023 @ 7 - 8PM

Join on Zoom or In Person at FCSS Office

75 WAYS TO SAVE ON HOUSEHOLD EXPENSES

October 25, 2023 @ 7PM via ZOOM



OBJECTIVES

- What is AISH?
- Who is eligible for AISH?
- How do I apply for AISH?
- What do I get with AISH?
- Can I work while receiving AISH?
- How does my current income effect my AISH payments?
- Q&A period to follow.



Refreshments provided
for in-person participants

Discover tips to save money on:

- Utilities
- Groceries
- Transportation
- Bills
- Personal Items
- AND MORE!



SCAN
ME!

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



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✉ Community@wainfcs.ca



"HAPPINESS IS WHEN WHAT YOU
THINK, WHAT YOU SAY, AND WHAT
YOU DO ARE IN HARMONY."

-Mahatma Gandhi

WAINWRIGHT COMMUNITY CONNECTOR



Service Canada comes to **Wainwright** the **second Thursday** of every month from **9:30 a.m. – 3:30 p.m.**

To book an appointment, enter your information online at **eservices.canada.ca** and a Service Canada representative will reach out and try to help over the phone if possible.

If that is not possible, they can book you an **appointment** to be seen in person at the **Alberta Works office** (Provincial Building).

Service Canada serves as a single-point of access for the Government of Canada's largest and most heavily used programs, including:

- **Social insurance #**
- **Employment Insurance (EI)**
- **Old Age Security**
- **Canada Pension Plan**

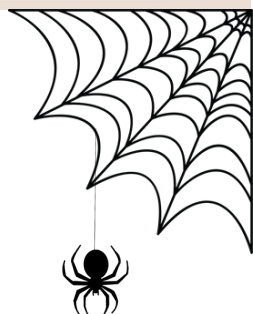


Battle River Lodge welcomes adults 60 years & up to join us for a community lunch! Enjoy a healthy full course meal, complete with a salad and yummy dessert! Happening twice per month!

Dates:
Oct 9th & Oct 23th
\$10/lunch

**Homemade Healthy Meals,
Company & Conversation**
429- 5th Ave, Wainwright

Call: 780-842-3630
to reserve your spot,
space is limited to
4 people!



WAINWRIGHT COMMUNITY CONNECTOR



October is Depression Awareness Month



This month works to bring awareness to the need for depression awareness and the need for accessible and affordable mental health services. It also lets all of us know that seeking help is a sign of hope and strength.

To learn
more,
scan the
QR code



WAINWRIGHT COMMUNITY CONNECTOR



NEED SUPPORT?

2-1-1 Alberta - Connects you with the proper resources for whatever you may need help with at any time:

Call or text 211

- **Addictions Helpline:** 1-866-332-2322
- **Briteline - LGBTQ2+ Support Line:** 1-844-702-7483
- **Camrose Women's Shelter:** 1-877-622-1010
- **Childhelp - Child Abuse Helpline:** 1-800-422-4453
- **Family Violence Info Line:** 310-1818
- **Indigenous Hope for Wellness Line:** 1-855-242-3310
- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868
- **Mental Health Helpline:** 1-877-303-2642
- **Suicide Prevention Helpline:** 1-833-456-4566

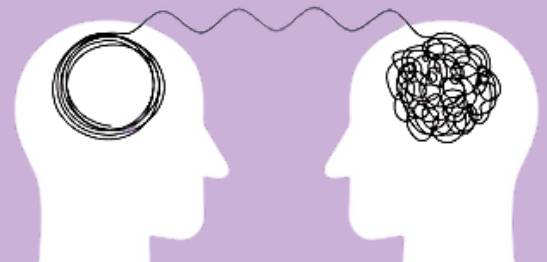
If you are in immediate danger, please call 911

COUNSELLING SERVICES

Short-term appointments available for:

- Child & youth counselling
- Family & relationship counselling
- Loss & grief counselling
- Counselling for those with illness & their caregivers

*Be kind to your mind.
Mental health matters.*



October

Have something you would like to add? Email: community@wainfcs.ca